

Reported Activities 12 Months Before Becoming Pregnant¹

Illinois PRAMS 2012

| | Percentage ² | 95% Confidence Interval | Respondents ³ | Estimated Population Affected ⁴ |
|---|-------------------------|-------------------------|--------------------------|--|
| I was dieting (changing my eating habits) to lose weight. | 26.8 | 24.1 - 29.8 | 293 | 40,552 |
| I was exercising 3 or more days of the week. | 47.3 | 44.0 - 50.6 | 516 | 71,512 |
| I was regularly taking prescription medicines other than birth control. | 19.0 | 16.6 - 21.6 | 221 | 28,622 |
| I visited a health care worker and was checked for diabetes. | 18.4 | 16.0 - 21.1 | 203 | 27,758 |
| I visited a health care worker and was checked for high blood pressure. | 25.1 | 22.4 - 28.0 | 282 | 37,899 |
| I visited a health care worker and was checked for depression or anxiety. | 15.8 | 13.5 - 18.3 | 179 | 23,816 |
| I talked to a health care worker about my family medical history. | 33.5 | 30.5 - 36.7 | 380 | 50,651 |
| I had my teeth cleaned by a dentist or dental hygienist. | 57.9 | 54.6 - 61.1 | 623 | 87,159 |

¹**Survey Question 7:** At anytime during the 12 months before you got pregnant with your new baby, did you do any of the following things?

²**Percentage** = Weighted percentage of Illinois mothers giving birth in 2012 with the specified indicator for each characteristic.

³**Respondents (N)** = Total number of mothers who responded to this question with Yes; total N = 1075 (Yes or No); Total N value for each characteristic varies due to unanswered questions, survey skip patterns, and invalid responses. More than one reason could be selected.

⁴**Estimated population affected** = Estimated number of Illinois mothers giving birth in 2012 with the specified indicator for each characteristic